



**STELLA MARIS COLLEGE (AUTONOMOUS)
CHENNAI 600086**

Stella Maris NCC Company
is organising a webinar on

YOGA FOR WELLBEING

on the occasion of International Yoga Day

Date : 21st June 2021

Time : 7:00 AM

Meet link

<https://meet.google.com/rrv-gvaq-pnm>

SPEAKERS



Mrs. Nithya Arun

Yoga Practitioner and Yoga Instructor at
SBCC Women's Group, Chennai



Ms. Anushiya P

State Level Yoga Sports Champion and
Alumni of Stella Maris College.